

Winter 2006

The *School Food Services News* is published three times per year (fall, winter and spring) and is available on the School Food Services Web page.

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Missouri Team Nutrition Survey School Nutrition Policies School Year 2003-2004

The Missouri Department of Health and Senior Services (DHSS) was awarded a two-year USDA Team Nutrition Training Grant in the fall of 2003. The Team Nutrition activities, led by the DHSS Child Nutrition Program, are in collaboration with the Department of Elementary and Secondary Education, School Food Services Section, and the Child and Adult Care Feeding Program of DHSS.

The grant offered an opportunity for Missouri to collect baseline data in the following areas:

- Nutrition education in the classroom
- Food and beverage vending
- School nutrition policies
- Perceived needs of schools to create a healthier nutrition environment

As a reminder, all LEAs must have a Local Wellness Policy in place by July 2006. Log onto the DHSS Web site at www.dhss.mo.gov/team_nutrition/Survey.html to view the results of the Team Nutrition Survey and see where Missouri stands with nutrition environment issues.



Youth Nutrition Fitness Grant Program: General Mills

In 2002 General Mills Foundation developed the Champions for Healthy Kids grant program in conjunction with the American Dietetic Association and the President's Challenge. Each year the Foundation awards 50 grants of \$10,000 to each community-based group that develops creative ways to help youth adopt a balanced diet and physically active lifestyle.

The application deadline is February 1, 2006. To apply, go to General Mills' Champions for Healthy Kids Web site: www.generalmills.com/corporate/commitment/champions.aspx.

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MISSOURI DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION

"Making a positive difference through education and service"

Best Practices Awards



The USDA, Food and Nutrition Service of the Mountain Plains Regional Office is pleased to announce the Fiscal Year 2006 Best Practices Awards in the National School Lunch Program

(NSLP) and School Breakfast Program (SBP). In order to encourage and reward outstanding practices in school food service, the Regional Office will recognize outstanding practices in three categories in schools and Local Education Agencies (LEAs) participating in the NSLP and/or SBP.

The three categories include:

1. Reaching Needy Children in the Summer
2. Increasing School Breakfast Program Access
3. Healthy School Nutrition Environment

Each of these categories is important to a healthy school environment and has an impact on nutrition and physical activity. To review the categories, go to our Web site at www.dese.mo.gov/divadm/food and select New.

The Mountain Plains Regional Office will present awards to a winner in each category. The awards may be presented during National School Lunch Week or School Breakfast Week generally during a scheduled event in your LEA.

A nomination should consist of:

- A complete and accurate description of the practice (250, but not to exceed 300 words)
- Appropriate numbers, such as: dollars saved or increased participation

- Relevant history, impact, and/or cost effectiveness
- Documenting photographs or newspaper articles
- One copy of any coloring books, posters, or videos that have been developed
- Name and telephone number of a contact person (printed or typed to alleviate any question of spelling)
- Mailing address
- Size or average daily participation of school or LEA
- The category for the nomination
- State Agency Director's approval

The LEA/School Nomination Form and the Best Practices Awards Criteria, which will be used in evaluating nominees, is provided on our Web site. There is no limit to the number of nominations each LEA may submit for each category.

Nominations must be received in our office by April 1, 2006. Nominations received after this date will not be considered. Submit entries to: Sandra Lang, Department of Elementary and Secondary Education, School Food Services Section, P.O. Box 480, Jefferson City, MO 65102-0480

This program has been quite successful and has provided positive recognition and support to programs and individuals around the region who are striving to operate outstanding meal programs. After selection and notification is made, all participants will receive a list of those nominated, the winners and their activities.

If you have questions about the Best Practices Awards nomination process, please contact Sandra Lang at 573-751-7353.

School Breakfast Week 2006 March 6-10, 2006

Go Places with School Breakfast is the 2006 National School Breakfast Week logo. *Go Places with School Breakfast* stresses the importance of fueling students' bodies after a long night's rest to gear up for a day of activities and learning. Breakfast provides the fuel necessary to increase academic performance and to provide a healthy base by which student can function. In fact, studies consistently show that school breakfast: helps students score higher on tests and improves grades, makes it easier for students to pay attention in class, decreases disruptive behavior and visits to the nurse, and decreases tardiness and absenteeism. So, take the time to promote and celebrate the healthy benefits of school breakfast.





National School Lunch Week Proclamation

The 2005 National School Lunch Week was October 10-14. The proclamation signing with Governor Blunt was held on September 14, 2005. In attendance from left to right: Laina Fullum, Assistant Director of the School Food Services Section; Karen Wooton, Director of the School Food Services Section; Governor Matt Blunt; Robin Smith, President of the Missouri Nutrition Association; Chelsea Doerhoff, Student; Dana Doerhoff, Supervisor of the Northeast Region, the School Food Services Section; Derek Doerhoff, Student.

District of Excellence



Congratulations to Cindy Hormel, SFNS, Director of Nutrition Services of Liberty Public School District for achieving the School Nutrition

Association's District of Excellence in Child Nutrition status.

A District of Excellence in Child Nutrition demonstrates its knowledge and fulfillment of superior performance in providing nutritious food and a healthy educational environment for all students.

The Keys to Excellence program is an online evaluation, management and learning tool for foodservice directors to use to rate their programs, compare them to districts nationwide and discover new and innovative methods to serve nutritious, kid-friendly meals with limited budgets and short lunch periods. The program was developed and produced by the School Nutrition Association and the Child Nutrition Foundation, with the support from USDA, Nutrition and Consumer Services, the Centers for Disease Control and Prevention's Division of Adolescent, and School Health and the National Dairy Council.

To learn more about this tool, please visit: www.schoolnutrition.org/KEYS.aspx?ID=1158.

Best Practices Award 2005

On October 10, 2005, USDA's Mountain Plains Regional Office presented the Best Practices Award to Pat Brooks, Director of Nutrition Services in Columbia, MO in the category of "Increasing the Consumption of Fruits/Vegetables and/or Whole Grains by Participants." Columbia Public Schools hosted three major events promoting new and different foods for students to try. This tremendous effort lends itself to improving student food selections by allowing them to make educated decisions about the foods they eat.



Pictured are: Karen Wooton, Director of the School Food Services Section; Holly Kuecks, Child Nutrition Programs Section Chief of USDA, Mountain Plains Region; Pat Brooks, Director of Nutrition Services, Columbia Public Schools; Janie Garret, RD, Nutrition Educator, Columbia Public Schools.

Understanding the Basics of HACCP and Surrounding Food Safety Programs

Compliance with the new HACCP requirements may be overwhelming and confusing for the LEAs. What is HACCP? How does it differ from sanitation and personal hygiene programs? Why is it important and how does it fit into preexisting sanitation programs? How do I get started and how do I know if I am meeting requirements? Following are answers to these questions and more.

What is HACCP?

It stands for Hazard Analysis of Critical Control Points. HACCP is a system that focuses on food alone. HACCP prevents food safety problems before they happen by identifying and controlling potential hazards that can contaminate food as it flows through a facility. There are three potential hazards:

- Physical (i.e., a toothpick, or metal shavings from a can);
- Chemical (i.e., chemical sanitizer that gets into food, or a pesticide incorrectly stored); and
- Biological (i.e., E. coli or salmonella may contaminate a food item due to improper food handling or storage).

A critical control point (CCP) is an essential step in the food flow that prevents, eliminates, or reduces a food safety hazard to an acceptable level.

How does HACCP fit in with other food safety programs?

Below is the HACCP Food Safety Assurance Pyramid. Surrounding HACCP are various other food safety programs that are meant to support HACCP. In fact, below are programs that LEAs could and should already have in place, according to the National Food Service Management Institute (NFSMI), HACCP for Child Nutrition

Programs, Building on the Basics:

- Facility design: Sanitary design principles should be used in making decisions regarding the location, construction, and maintenance of the facility.
- Supplier control: Each facility needs to make sure that its suppliers have effective food safety programs in place.



- Specifications: Specifications need to be written for all kitchen facility supplies.
- Cleaning and sanitation: Procedures for cleaning and sanitizing equipment and the facility should be written down and followed.
- Personal hygiene: Personal hygiene requirements should be written down and applied to all employees and visitors who enter the food service operation.
- Training: Employees should receive training in areas applicable to their jobs (i.e., personal hygiene, personal safety, or taking periodic food temperatures).
- Chemical control: Documented procedures should be in place on how to handle chemicals to assure that they are kept separate from food.
- Receiving, storage, transportation: Procedures should be in place to assure optimal conditions for maintaining food safety and quality while receiving, storing, and transporting food.
- Traceability and recall: A recall system should be established for all products.
- Pest control: Effective and safe pest control programs should be established.
- Food temperature control: Procedures to monitor and document the proper times and temperatures surrounding food safety should also be established.

The above programs are prerequisites to an effective HACCP program. Although HACCP may be a separate program from some of the above programs, they are also often integrated into a HACCP plan. For example, Food Temperature Control should be incorporated as a record keeping component of HACCP.

Why is HACCP important?

Children are a vulnerable population that are at a higher risk for food borne illness. Their immune systems are still developing which means they have less ability to fight off organism to which they are exposed. There are many steps involved in moving food from the farm to the tables in feeding sites. This gives microorganisms greater opportunity to enter a child's plate. Microorganisms continually evolve and it is important to remain ahead of them.

Understanding the Basics of HACCP and Surrounding Food Safety Programs *(Continued)*

What is required by law?

1. Each LEA is responsible for developing a comprehensive food safety program, including an individual plan for every school food preparation and service site, because all kitchens are different.
2. The food safety system must include written Standard Operating Procedures to serve as a basic food safety foundation and to control hazards not specifically in the HACCP plan.
3. The LEA must have a written plan at each school food preparation and service site for applying HACCP principles that includes the following methods:
 - Documenting menu items in the appropriate HACCP process category.
 - ◆ No cook
 - ◆ Same day service
 - ◆ Complex food preparation
 - Documenting CCPs of food production. This refers to time and temperatures boundaries that define when food is safe and when it becomes unsafe (i.e., The 1999 Food Code, which is Missouri's current food code, states that raw chicken should be cooked to 165 degrees F. This limit should be noted on raw chicken recipes).
 - Monitoring should include a reliable way to measure a food's CCP to ensure the food hazards are controlled (i.e., the CCP of cold food holding is 41 degrees F, therefore temperatures on refrigerators must be monitored and documented at regular intervals to ensure this temperature; when cooling foods, monitors should be in places to ensure that food reaches a safe temperature within the appropriate amount of time).
 - Establishing and documenting corrective actions entails an immediate procedure to rectify a situation when a critical limit is not met (i.e., rejecting food items that were not



delivered at a safe temperature, discarding food that was held without proper temperature control for too long, or continuing to cook chicken past designated cooking time if it has not reached 165 degrees F.

- Recordkeeping provides a food service facility with proof that reasonable care was exercised within the operation to maintain food safety. This step can safeguard against complaints or legal action.
- Reviewing and revising the overall food safety program periodically to ensure that the food safety program is operating according to what is specified in each school's plan. Revise plans to reflect changes in the facility or to improve implementation. Keeping procedures clear and simple increases the likelihood that staff members will follow proper procedures outlined.

A facility may not need to develop all new records for maintaining the requirements, but instead update old documents to include items not previously utilized.

Where can I find help?

There are many resources provided by USDA through the National Food Service Management Institute and other organizations. Below is a list of reliable tools that have already been sent to your LEA or that are accessible on the Internet:

- HACCP Based Standard Operating Procedures: <http://sop.nfsmi.org/HACCPBasedSOPs.php>
- Thermometer Information Resource: www.nfsmi.org/Information/thermometer_resource.html
- Serving it Safe 2nd Edition: www.nfsmi.org/Information/sisindex.html
- The Food Safe School Action Guide: www.FoodSafeSchools.org
- Guidance for School Food Authorities: Developing a School Food Safety Program Based on the Process Approach to HACCP Principles: www.dese.mo.gov/divadm/food/PDF/HACCP_Guidance.pdf (which includes a comprehensive food safety check list).

The State Agency is always available to answer your questions.

HACCP is an effective and rational means of assuring food safety from harvest to consumption. Preventing problems from occurring is the paramount goal underlying any HACCP system.



MSNA Web Site

The School Food Services Web site is linked to the Missouri School Nutrition Association (MSNA) (formerly known as Missouri School Food Service Association or MSFSA) Web site. Check *Additional Sites of Interest* at the bottom of our home page. For more information about MSNA, go to their Web site at www.msna.net.

National Food Service Management Institute

Every year the National Food Service Management Institute (NFSMI) presents satellite seminars in April and October and live interactive teleconferences in January and August. Check the link on our home page under *Additional Sites of Interest*. The NFSMI Web address is www.nfsmi.org. Click on *Educational Opportunities* for satellite seminar information.

Resource Materials

New educational materials/resources will be provided to the LEA on our Web site: www.dese.mo.gov/divadm/food. Check the link on our home page under Resource Materials.

School Food Services Free or Reduced Price Lunch Verification Summary Report Reminder

Please be reminded that a completed School Food Services Free or Reduced Price Lunch Verification Summary Report form is due in the State Agency office no later than February 15, 2006. This form can be found on our Web site. Go to www.dese.mo.gov/divadm/food and select Verification under New.

Out With the Old and In With the New: From dese.state.mo.us to dese.mo.gov

The Department of Elementary and Secondary Education (DESE) has disabled access to our old "dese.state.mo.us" naming format. The current naming format is "dese.mo.gov." If our Web page cannot be found or displayed, it may be because the old naming format is still bookmarked. Please be sure to bookmark the new location and remove the bookmark to the old location. The School Food Services Section Web address is: www.dese.mo.gov/divadm/food.

MyPyramid for Kids Educational Material Now Available Online

MyPyramid for Kids educational material brings the message of *MyPyramid* to elementary school children. The fun, colorful *MyPyramid for Kids* graphic will attract children's attention and encourage them to learn more about *MyPyramid for Kids*. The nutrition and physical activity messages are designed to help children 6 to 11 years old make healthy eating and physical activity choices. *MyPyramid for Kids* materials, including the new Blast Off game, are available for download at www.mypyramid.gov/kids/index.html.

Blast Off is an interactive computer game where kids can reach Planet Power by fueling their rocket with food and physical activity. "Fuel" tanks for each food group help students keep track of how their choices fit into *MyPyramid*.

The *MyPyramid for Kids* poster is available for download at www.teamnutrition.usda.gov/Resources/mpk_poster.pdf.

